



Enjoyable reading for the Employees
of Barrington

July - August 2005

The **E** Word

Village of Barrington

Police Department Forms New Honor Guard Unit

The Barrington-Inverness Police Department has formed an honor guard unit that will attend and perform at police, family and dignitary funerals; perform color guard duties at sporting events, public gatherings and parades. This is the first such unit for the Village department.

According to Chief Jeff Lawler, the honor guard began training in February of this year, and made their first official appearance in May at the ceremony in Memorial Park to honor fallen police and fire-



New honor guard members participated in a recent ceremony honoring fallen police officers and firefighters in Memorial Park.

fighters. They were subsequently invited to the VFW Flag Day ceremony.

The guard trains weekly including marching, rifle drills, flag folding, funeral ceremony,

and voice commands. Over the past few months the honor guard received specialized training from the Great Lakes Naval Training Center; from Sergeant Luc Logan of St. John's Military Academy, and funeral burial detail from the VFW, Barrington Memorial Post No. 7706.

"There has been an increase in honor guard units throughout the country the past few years in an effort to show patriotism," said Chief Lawler. "I am extremely pleased with our honor guard and the officers who are part of it. They were se-

lected for their superior discipline."

Members of the Barrington-Inverness police honor guard include: Kenneth Sarni, officer in charge; Michael Hanson, drill instructor/trainer; Jeffrey Schirmbeck, assistant trainer; Paul Young, assistant trainer; Michael Gorzelanczyk; Ryan Powal and Jason Wisniewski.

"We, as a unit, researched honor guard uniforms and then we designed our dress uniform," said Officer Sarni. "All honor guard members contributed to the current uniform design."

Service Anniversaries

July and August

Nick Asta, FD, 7/19
Jim Brietzman, PW, 7/27
Bill Brown, FD, 8/1
Dennis Burmeister, PW, 7/15
Allison Chmelik, FS, 7/29
Kevin Croke, PD, 7/15
Terry Dietz, B&P, 8/19
Dave Dorn, PD, 8/31
Lenn Grant, FD, 7/1
Joe Jenkot, B&P, 8/23
Tom Jesse, PW, 8/21
Buck Kleiner, PW, 8/28
Jerry Libit, PD, 7/5
Mike Madden, FD, 8/1
Heather McGovern, FS, 7/24
Jeff McMurry, 7/10
Jodie Mitchell, FD, 8/1
Scott Motisi, FD, 7/19
Patti Nudelman, PD, 7/4
Jody Osberg, B&P, 8/9
Amy Palmeri, PD, 8/10
Bruce Peterson, FD, 8/1
Ken Sarni, PD, 7/24
Daria Shewchuk, PD, 8/22
Tom Schimpf, PD, 8/24
Jeff Schirmbeck, PD, 8/27
Dan Struck, PD, 8/23
Mike Szymanski, PW, 8/5
Art Thompson, FD, 8/19
Jeff Tress, FD, 7/31
Bill Weirich, FD, 7/11
Mary Kay Vandernald, B&P, 8/27
Jason Wisniewski, PD, 8/31

Welcoming Babies

Stacy & John
Mattingly, FD, son
Tristan Tyler, on
May 23

Jeniffer Whitcher
Neuses, PD & Lance
Neuses, daughter
Viviana Lee, on
June 25

Brandy & Bill Weirich,
FD, son Camden
James, on May 11

So Many Hats, So Little Time

Think of all the different hats you might wear in the same day: parent, employee, chauffer, spouse, banker, friend, child ...the list goes on and on. Most of us have felt overwhelmed on occasion because of the difficulty of trying to manage a variety of roles. The trick is finding a way to balance multiple responsibilities. Here are a few simple steps you can take to reduce your stress level.



1. **First Things First.** You need to find a way to organize yourself. Buy a planner or calendar. Write things down so you know what is coming up at work, with your family and friends. Plan your schedule according to those events. When you can see what lies ahead, you will be less likely to overbook.
2. **Follow a Routine.** Following a routine will keep you and your fam-

ily on a schedule and eliminate late arrivals to school, work and social events. If possible, schedule daily reoccurring events such as bedtime, bath time, breakfast and dinner, all at about the same time each and every day. The regularity will help instill a sense of organization.

3. **Set Priorities.** Spend some time making a list of how you ARE spending your time. Your list may include commuting, exercise, quality time with family, preparing meals, watching TV, reading, time on the computer, time at work, etc. After studying your list, ask yourself what is *truly* important, and then make the necessary changes.
4. **Learn to Say NO!** As part of learning to manage your life, you must learn to say NO. Taking on more tasks than you can handle will only result in frustration and

fatigue. Set limits on how far you can stretch yourself and prioritize your time. Don't let guilt make you take on more than you can handle.

5. **Focus on YOU.** Often people who "wear many hats" spend lots of time taking care of everyone around them, and neglect their own needs. Try to take a few 5-minute stress breaks during the day. Schedule time for you, just as you would for others. If you don't take care of yourself, you won't be able to take care of all of your other responsibilities.

Juggling many responsibilities can be a challenge for anyone. If you or someone you know needs assistance with balancing life's tasks, **don't hesitate to call the Employee Assistance Program at 800-227-8620. Confidential help is available 24/7.** Also, visit their website at: www.bdaeap.com; password: nmwc.

Don't Use Plastic When Cooking With Microwave

From **Johns Hopkins Hospital** comes the following reminders:

- No plastic containers in microwave
- No plastic water bottles in freezer
- No plastic wrap in microwave

Johns Hopkins recently sent them out in their newsletter — it's definitely worth noting.

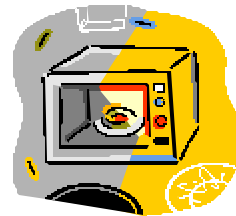
The following information is being circulated at **Walter Reed Army Medical Center**.

- Dioxin carcinogens cause cancer, especially breast cancer.
- Don't freeze your plastic water bottles with water as this releases diox-

ins in the plastic. Dr. Edward Fujimoto from Castle Hospital was on a TV program explaining this health hazard. (He is the manager of the Wellness Program at the hospital.)

- Dr. Fujimoto also said that we should not heat our food in the microwave using plastic containers. This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into body cells.

Dioxins are carcinogens and highly toxic to the cells of our bodies. Instead, he recommends using glass, Corning Ware or ceramic containers



for heating food. You get the same results, without the dioxins.

Paper isn't bad, Dr. Fujimoto said, but you

don't know what's in the paper. It's just safer to use tempered glass or ceramic containers.

He reminded us that some fast food restaurants have moved away from foam containers to paper. The dioxin problem was one of the reasons.

Also note: Saran wrap placed over foods as they are nuked with the high heat actually drips poisonous toxins into the food. Use paper towels.

Pass this on to those who are important in your life.

125 Contributions and IMRF

If you pay for your health/dental insurance on a pre-tax basis or contribute to a flexible spending account for other health or dependent care related costs, those contributions could impact the amount of your future IMRF pension. When you pay for your health insurance and/or dependent care costs with pre-tax dollars, that money is not reported as earnings to IMRF.

Your IMRF pension is calculated using your total service credit and your Final Rate of Earnings (your highest

48 months of salary in your last 10 years of service credit). If the salary reported to IMRF is less, the Final Rate of Earnings used to calculate your pension is less.

You may wish to consider paying for these benefits with after tax dollars for the last four years you plan to work as a contributing member of IMRF. This may increase your reportable IMRF earnings.

Contact an IMRF Service Representative (800.ASK.IMRF) for more information on how this may impact your

future pension. You may also consider attending an IMRF "Planning for Your Future" workshop.

These workshops are held at various locations throughout the year and are free to IMRF members and spouses. An IMRF Service Representative can give you information on registering for a workshop.

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The Vision/Nutrition Link



If you're like nearly 90 percent of Americans, you probably resolved to take better care of yourself this year. Perhaps you decided to shed a few pounds or eat better. Now there is even more reasons to stick to your resolution or start it again. Consider that your eyes will benefit from the new, healthy choices you've vowed to make.

Here are some helpful recommendations to help keep you and your eyes in good shape.

Eat Your Greens. It turns out that spinach and other leafy greens are natural sources of carotenoids—the most important group of nutrients when it comes to eye health.

2nd Quarter Safety Winner

The Health & Safety Committee selected **Aaron Petschow's** suggestion to place fire extinguishers in the Public Works salt barn garages as its second quarter safety suggestion winner. Congratulations, Aaron!

Enjoy Eggs Again. Now there's evidence that more of the antioxidants lutein and zeaxanthin can be obtained from eggs. That makes sense since the same carotenoids found in egg yolk make up the eye's macula (the small, sensitive area of the central retina that provides vision for fine work and reading). What's more surprising is that eggs make these nutrients easier for the body to absorb.

Beware of Saturated and Trans-Fats. There's more bad news about eating fatty foods. In high amounts, fat can actually accelerate Age-Related Macular Degeneration (AMD). According to a study in *The Archives of Ophthalmology*, researchers found there was a higher risk of AMD progressing in those who ate more fat, especially saturated or trans-fats.

The study distinguished between "good" fat and "bad" fat, reporting that the type of fat found in fish and nuts actually slowed AMD's progress.

Crunch on Carrots. One average-sized carrot contains twice the U.S. recommended daily allowance (RDA) of vitamin A², which happens to be very good for

your eyes. Other tasty foods like sweet potatoes, spinach and cantaloupe are high in vitamin A.

Take Comfort with Flaxseed Oil. While more doctors recommend over-the-counter and prescription products to treat the gritty, stinging and burning sensations caused by dry eye, some are now touting the effects of flaxseed oil as a nutritional supplement for treatment.

Rich in essential fatty acids (EFA), flaxseed oil has a long history as a healing herb. The healthy omega-3 fatty acids contained in flaxseed oil are thought to help restore the oily portion of a tear film that moistens the eye.

The Bottom Line. Good nutrition and health are lifelong commitments, so don't wait to make changes in your diet until you develop an eye problem or other health concern. While no one food contains all of the vitamins you need, you can definitely take charge of your health by consuming a variety of nutrient-rich fresh fruits and vegetables daily.

Excerpted from VSP's publication, Look to the Future, published in Rancho Cordova, CA.